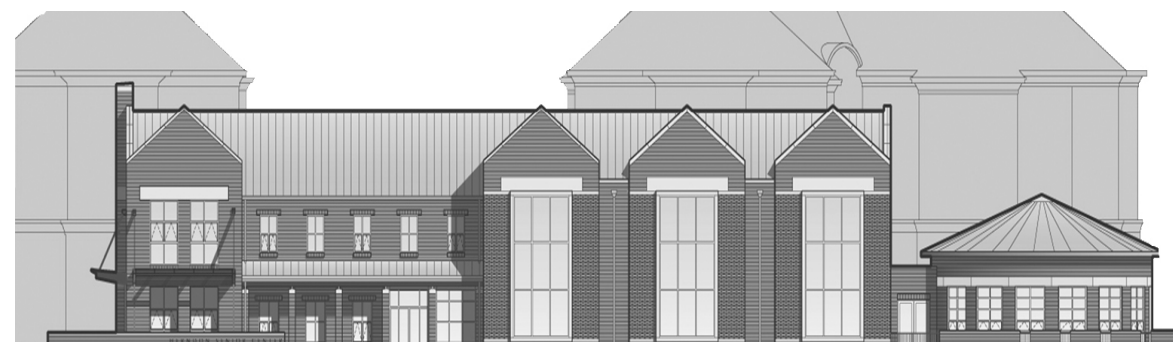


Reston-Herndon News and Notes

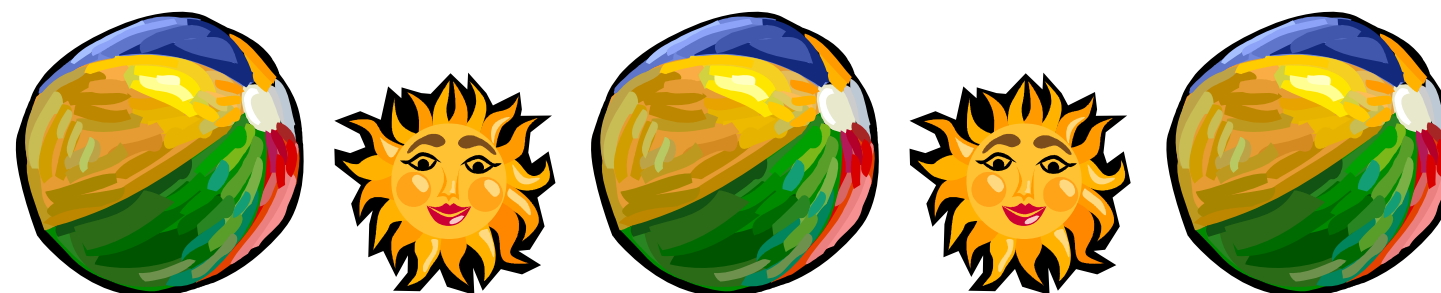
Newsletter of the Herndon Senior Center and The Reston Senior Clubhouse



Herndon Senior Center
873 Grace Street
Herndon, VA 20170

August 2006

News, Programs, & Menu for July 31 - September 2, 2006



Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request special accommodations call 703-324-4386, TTY 711. Please allow ten working days in advance of the event in order to make the necessary arrangements.

如果您請求提供符合「美國殘障人士法案」之合理的便利條件，請電洽，電話號碼是703-324-4386，聾啞人士TTY/TDD專線號碼是703-222-9636。

적절한 미국 장애인법(ADA) 편의 시설 신청은 703-324-4386, TTY 703-222-9636로 문의하시기 바랍니다.

Để yêu cầu những thích nghi phù hợp với Đạo Luật về Người Mỹ Khuyết Tật (ADA), xin gọi số 703-324-4386, TTY gọi số 703-222-9636.

Para solicitar adaptaciones razonables conforme la Ley de estadounidenses con discapacidades (ADA), llame al 703-324-4386, TTY 703-222-9636.

Чтобы попросить о предоставлении обоснованных вспомогательных средств, предусмотренных Законом об американцах, имеющих инвалидность (ADA), звоните по телефону 703-324-4386, линия TTY 703-222-9636.

برای درخواست تسهیلات در ارتباط با قانون مربوط به از کار افتادگی (ADA) با شماره تلفن 703-324-4386، یا با تلفن متنی برای ناشنوایان 703-222-9636 (TTY) تماس بگیرید.

Tell a Friend. Bring a Friend. Make a Friend!

If you have any questions,
please call us at:
703-464-6200
TTY 711



Ruth's Writings

It's hot, hot, hot as I write to you! Please remember to drink lots of water to stay hydrated!

We have received the end of the fiscal 2006 year figures for our center. And we completed our own internal audit during our "Eagle Eye" check in April, June, and July. Thank you to the many volunteers who watched the upstairs and downstairs entries, noting how many persons entered and how many persons signed in.

Unfortunately, it seems that far more than a quarter of the people entering the center as participants do not sign in. During the Tuesday, April 18th check, 33% did not sign in and on Monday, June 26th and Thursday, July 13th, 28 and 24% respectively did not sign in. County support is based on provable numbers attending. The only way it can be proved is by the number of names appearing on the sign-in sheets. It is vital to our staffing, programming, and activities, that any participant entering the center signs in!

Please remind your friends to sign in. Please remind your fellow FASTRAN riders to sign in. Please remind your fellow class members to sign in. Please remind yourself to sign in!!! And please do not be offended if a staff member asks (probably repeatedly) "Did you sign in?" A great deal hinges on these numbers. Please support your center and our ability to serve you in the future and SIGN IN!

Many thanks,
~Ruth Junkin

Announcements:

- ❖ **Special Congratulations to Bernie Katz**, who came up with the winning title for our newsletter – "Reston/Herndon News and Notes"
- ❖ **If anyone could please donate old (clean) pantyhose**, so that the Knitting Group can make balls for the Therapeutic Recreation Group, it would be greatly appreciated!
- ❖ **Lost and Found items will be displayed** during the second week of August. If anyone has items in the Lost and Found, they MUST be retrieved – they will otherwise be discarded or donated to charity.
- ❖ **Free Fare on the Fairfax Connector for MetroAccess Users:** Beginning on July 1, current MetroAccess registered users may ride on any Fairfax County Connector bus route at no charge; a companion also may ride at no cost when accompanying the MetroAccess user. MetroAccess is the curb-to-curb disability transportation service that compliments WMATA (Washington Metropolitan Area Transit Authority) in the greater Washington Metropolitan region. Registered MetroAccess users and an accompanying companion also can use MetroRail and/or Metrobus at no charge. To ride the Fairfax Connector at no charge, MetroAccess users have to present their current MetroAccess ID cards to the bus operators when boarding. Fairfax County residents currently registered with MetroAccess will be notified of this new policy in writing. For information on how to apply for this specialized transportation service, please call MetroAccess at 301-562-5360, toll-free at 1-800-523-7009 or TTY 301-588-7835. Further information, including bus routes and timetables, also is available from the Fairfax Connector call center at 703-339-7200, TTY 711. Other questions may be directed to [Denis P. Paddeu](#) of the Department of Transportation at 703-324-1439, TTY 703-324-1102.

数独 SUDOKU 数独

for August

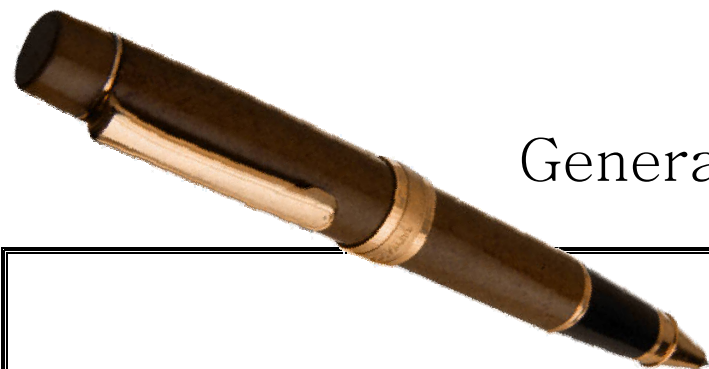
The rules of Sudoku are simple. You must enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square. Each Sudoku has a unique solution that can be reached logically.

	7	5	6		3		9	1
		6					7	4
			9			5		
		3	7	4	6		5	
			2		5			
	5		8	9	1	6		
		1			7			
2	4					7		
3	6		5		8	1	4	

For Entry during the Summer Season. . .

During the summer season, we have been running the first quarterly "Sudoku Winners" challenge. To submit yourself for the "Sudoku Winners" list, you must have correctly completed and saved all three puzzles from the months of June, July, and August. Puzzles will only be accepted during the week of August 7th thru 12th (no longer August 14th-19th) Winners will be listed alphabetically in the September Newsletter only if they meet all three qualifying criteria listed below. Until then. . .

- Remember:
1. Entries must be submitted during the designated week in August;
 2. Entries will only be accepted with all three puzzles – June, July, AND August;
 3. And your answers for all puzzles must be correct, so check with a friend!



IMPORTANT INFORMATION

General Requests

Please Remember to Sign in When You Arrive at the Senior Center!

Support from Fairfax County depends on you, our Participants!

If you do not sign in – the county does not believe you are here and their support for us is not as strong. It is important that you sign in whenever you enter the building, no matter if you are here for a few minutes or for the whole day, or whether you are entering the building a second or third time that day!

早上到来时，请在前台的表格上签到。

Favor de firmar la lista de entrada,
cada vez que visiten nuestro centro.

Please Do Not Remove Items that Do Not Belong to You

Please remember, games, paper towels and toilet paper are not to be removed from the senior center for personal home use. Table decorations are not to take home, cake plates and covers holding treats on the coffee tables are not to be taken home, and tea bags are to be enjoyed at the center and are not for use elsewhere.

At lunch, there is a limit of one milk and one dessert per person.

Cancel Your Lunch If You Are Not Coming!

Cancel your lunch if you are not coming to the senior center. If you have reserved a lunch in the Lunch Binder, and you cannot come to the center that day, please cancel your lunch by calling 703-464-6200, TTY 711, and leaving a message on our answering machine before 8 am. Speak your name, slowly and clearly, say you wish to cancel your lunch and tell us the day you are canceling.

如果您预定了午餐，但是不能前来就餐，

请在当天的早上八点以前取消 您预订的午餐。

Si se ha registrado en el libro para almorzar y por cualquier razón no puede asistir al Centro, por favor no olvide llamarnos al 703-464-6200, TTY 711, y/o deje su mensaje antes de las 8:00 am, para poder cancelar su orden. Gracias!

Donation Schedule and Charges for Congregate Meals at Senior Centers Fairfax County Department of Community and Recreation Services

For Ages 55-59 and All Guests: **\$5.00 Charge**

Pay at the front desk to get a guest ticket.

For Age 60 and above: **As Follows**

<u>Monthly Income:</u>	<u>Annual Income:</u>	<u>Suggested Donation:</u>
\$0 - \$883	\$0 - \$10,596	\$1.00
\$884 - \$1,324	\$10,597 - \$15,888	\$2.00
\$1,325 – \$1,764	\$15,889 – \$21,168	\$3.00
\$1,765 – \$2,645	\$21,169 – \$31,740	\$4.00
\$2,646 and above	\$31,741 and above	\$5.00

- ❖ If you have not completed the paperwork for the Congregate Meals program, you are considered a guest and must pay \$5 for lunch until paperwork has been submitted. Pay your \$5 at the desk to get a guest lunch ticket.
- ❖ After the paper work has been completed, your donation should follow the guidelines above. Donations are confidential, but they support the continuation of the program. It is between you and your conscience to pay the appropriate amount. If you are without resources, please contact staff for assistance.
- ❖ You may sign up for your lunch up to a week in advance, but it is each individual's responsibility to reserve a lunch in the lunch book by 1 p.m. the day before you wish to eat. If you do not sign up, we do not cook for you! At lunchtime, place your confidential donation in the envelope provided and drop it into the collection box after confirming that you have a lunch reserved for that day.
- ❖ A waiting list will be maintained each day for those who did not reserve a lunch in advance. Any extra lunches will go to those on the waiting list on a first signed, first served basis. There is no guarantee that anybody on the waiting list will be served – there may not be any extra lunches.
- ❖ Please cancel a reserved lunch by 8 a.m. the day of if you are unable to come to the center that day so that food will not be wasted.

如果您预定了午餐，但是不能前来就餐，请在当天的早上八点以前取消 您预订的午餐。

Si se ha registrado en el libro para almorzar y por cualquier razón no puede asistir al Centro, por favor no olvide llamarnos al 703-464-6200, TTY 711, y/o deje su mensaje antes de las 8 a.m., para poder cancelar su orden. Gracias!

Upcoming Events

- ❖ Tuesday, August 1, 2006, 10 a.m. to 2 p.m. A visit from the YMCA kids camp! Enjoy entertainment and lively company for lunch!
- ❖ Tuesday, August 1, 2006, 5 to 7:30 p.m. National Night Out celebration at Herndon Harbor House. Join us as we welcome and thank the police forces of our community. There will be no Bingo/Pizza activity this evening.
- ❖ Wednesday, August 2, 2006. Active for Life class cancelled for today.
- ❖ **Thursday, August 3, 2006, 10 a.m. to 2 p.m. Senior/Teen Dance at Marshall High School!** Themed Dance Idols thru the Ages, come dressed in attire from your favorite dance era. Enjoy dance demos and dance contests. Lunch sign-up required in advance for turkey or vegetarian wrap sandwich. A charter bus will be available for \$1, for members needing transportation from the Senior Center. 22 seats will be available – participants must choose either this event or the regular shopping trip this day.
- ❖ Tuesday, August 8, 2006, 12:45 p.m. Questions Answered. Pharmacist presents on “Cholesterol.”
- ❖ Wednesday, August 9, 2006, 1 p.m. Advisory Council meets. All are welcome!
- ❖ Wednesday, August 16, 2006, 10 a.m. to 2 p.m. Our friends from Lorton Senior Center visit for the day. Gather for Luau entertainment at 11, a special island luncheon at 12 (sign up for lunch required), and a festive treat afterward.
- ❖ Monday, August 21, 2006, 1 p.m. “In the Best of Taste – changes in taste perception as you age and how it affects health and nutrition.” Presented by Heidi Hyland of the Virginia Cooperative Extension.
- ❖ Wednesday, August 23, 2006, 10 to 11:30 a.m. Wee-Play Preschool group will be visiting us this day and will do circle/play time, an arts and crafts activity, and a snack. They have been here before, and everyone has a great time. The theme will be “Farm Animals”. Bring your horses and pigs.
- ❖ Wednesday, August 23, 2006, 11 a.m. First Day of the 6 week Arthritis Foundation Exercise Program with Joyce.
- ❖ Friday, August 25, 2006, 12:45 p.m. “Grandma” Flora Green presents on Age Related Macular Degeneration.
- ❖ Saturday, August 26, 2006, 2:30 to 4 p.m. “On the Stage” A performance by local group, the Treble Clefs – an offshoot of Herndon’s Towne Square Singers. Songs range from big band to pop, jazz, and country...Beatles, BeeGees, Moon River, Twist and Shout...
- ❖ Tuesday, August 29, 2006 11 a.m. Leslie from the Area Agency on Aging presents on Home-Care resources-Services available in-home and requirements for participation.
- ❖ Monday, September 4, 2006. We will be closed for Labor Day

Join us in welcoming our newest staff member,
Assistant Director **Sasha Hickam**,

as she showers us with summer fun. Join Sasha’s Summer Fun for activities such as Arts & Crafts, Games, and time for Pampering! Bring your nail polish and other nail art materials for manicures on Treat Yourself Thursdays!

Shopping Trips

Ask a front desk assistant to sign you up at least one week in advance – you must pay for the bus when you sign up. Your payment is your reservation. There must be a minimum of eight paid reservations by the day before the trip in order for the trip to run.
Cost is **\$1.00 for bus. Lunch is “YO-YO” (You’re On Your Own).**
Please do not sign up for lunch in the senior center for that day – if you are signed up for a shopping trip, your lunch reservation will be cancelled.

August 3, 2006 10:15 a.m. to 1:15 p.m.	Shopper’s in Sterling
August 10, 2006 10:15 a.m. to 1:15 p.m.	Wal-Mart at Fair Lakes
August 17, 2006 10:15 a.m. to 1:15 p.m.	Fair City Mall
August 24, 2006 10:15 a.m. to 1:15 p.m.	Giant Food at Greenbriar Center
August 31, 2006 10:15 a.m. to 1:15 p.m.	Fair Oaks Mall

Unless otherwise noted, Shopping Trips will be on Thursdays

Special Trips

Minimum of 10 paid reservations by three days before trip, or the trip will be cancelled.

Tuesday, August 22, 2006

Travel Training Trip to Union Station –
Rescheduled from June 27, 2006.

Time: Trip leaves at 10 a.m., and returns approx 4 p.m.
Cost: Free – Lunch is On Your Own

A fabulous trip to Union Station – explore methods and options for transportation.
Pre-Trip Planning Meeting Required – Tuesday, August 15, 2006, at 1 p.m. During this meeting, the trainers will be available to help you find a transportation route to take home from the center when the trip is over – since Fastran buses will have already gone.

Union Station

Coming Soon

- ❖ Pageturners meet again!! Starting in September! Calling past members and anyone interested! Join us in September for a relaxing weekly meeting after lunch. For our next book, we will be reading “The Lovely Bones” - best selling book by Alice Sebold - the story of a 14-year-old girl from suburban Pennsylvania who is murdered by her neighbor. She tells the story from Heaven, showing the lives of the people around her and how they have changed all while attempting to get someone to find her lost body. Look for this book to be in theaters next year! Large print books available! Space limited to 12.
- ❖ Elder Law returns with Peggie O’Reilly. Join us as she presents her seminar, “Medicaid Changes and You” on September 20, 2006, and provides her “Ask a Lawyer” clinic on October 24, 2006.

Learn Something New and Meet New People

Activities are listed in three categories:

Health & Wellness to Benefit to Body and Mind;

Lifelong Learning for the Left Brain – Language, History, and Technology Skills; and

Lifelong Learning for the Right Brain – Fine Arts, Games, Hobbies, and Service.

Health & Wellness to Benefit to Body and Mind					
About Exercise Orientations: Exercise Equipment Orientation is required to use the exercise room. See “Important Information” for more details.					
Name	Day	Time	Cost	Session	Format
Chair Exercise Video	M/W/F	11 a.m. and 3 p.m.	No Charge	On-going	Group
Tai Chi	Mon/Wed	9:30 to 11:15 a.m.	No Charge	On-going	Class
Exercise Orientation	Mon	11 a.m.	No Charge	On-going	Class
Chair Exercise Video	T/Th/S	10:45 and 3 p.m.	No Charge	On-going	Group
Exercise Your “Mental Muscle” with Donna	Tue	12:45 p.m.	No Charge	On-going	Class
Line Dancing	Tue	2 to 3 p.m.	\$5	8/1-9/5	Class
New Arthritis Foundation Exercise Program with Joyce	Wed	11-11:45 a.m.	No Charge	8/23-9/27	Class
Sahaja Yoga Meditation	Wed	11:15 a.m. to 12 p.m.	No Charge	Aug 2 nd and 30 th	Class
Active for Life	Wed	1 to 2:30 p.m.	No Charge	6/7-9/6 No class 8/2	Class
Tai Chi	Thurs	9:30 to 10:30 a.m.	No Charge	On-going	Group
Ping Pong – Extra Tables	Thurs	10 a.m. to 2 p.m.	No Charge	On-going	Group
Ballroom Dancing	Thurs	10:30 to 11:30 a.m.	No Charge	On-going	Group
Jazzercise	Tue	11 a.m. to 12 p.m.	Returns in September!		Class
Beginning Line Dance	Thurs	1 to 2 p.m.	\$5	8/3-9/7	Class
Line Dancing	Thurs	2 to 3 p.m.	\$5	8/3-9/7	Class
Meditation Group (Can be translated into Hindi or Spanish)	Thurs	6 to 8 p.m.	No Charge	On-going	Group
Yoga Mat Workout with Claudine	Fri	10:45 to 11:35	No Charge	On-going	Class
Exercise Orientation	Fri	11 a.m. and 1 p.m.	No Charge	On-going	Class
Line Dancing	Sat	3 to 4 p.m.	\$5	8/5-9/9	Class
Ballroom Dancing	Sat	4 to 5:30 p.m.	\$5	8/5-8/26	Class

For Classes: Register and pay for a fee-based class at the front desk to obtain your receipt. All participants must be registered members of the Herndon Senior Center.

Turn your receipt in to the teacher on your first day, and sign the class roster.

Minimum of 6 participants to hold a class.



For Groups: Feel free to join any special interest groups at any time.

If you can't find something you love, if nobody is playing your favorite games yet, feel free to start your own group. Visit the front desk to reserve a space for your friends to gather on a regular basis.

The “format” column on the right hand side identifies the activity as either a class (with a designated instructor) or a group (no set schedule or leader).


Lifelong Learning for the Left Brain – Language, History, and Technology Skills					
Name	Day	Time	Cost	Session	Format
Begin ESL with Mr. Ardabilli	Mon	10:30 to 11:30 a.m.	No Charge	On-going	Class
Book Club	Mon	4 p.m.	No Charge	On-going	Group
Basic Computer Help Lab	Tue	10:30 to 11:30 a.m.	No Charge	On-going	Class
Beginning Spanish	Tue	10:30 to 11:30 a.m.	No Charge	7/18-8/29	Class
ESL: Intro to English Conversation with Anne	Wed	10 to 11 a.m.	No Charge	On-going	Class
Iranian Computer Class with Ms. Kamkar	Wed/Fri	1 to 2 p.m.	No Charge	On-going	Class
Begin ESL with Ms. Wang	Thurs	11 to 11:45 a.m.	No Charge	On-going	Class
ESL: English Conversation with Jeanne	Thurs	11 to 11:45 a.m.	No Charge	On-going	Class
Begin ESL	Fri	10:30 to 11:30 a.m.	No Charge	On-going	Class
Basic Computer Help Lab	Sat	10:30 to 11:30 a.m.	No Charge	On-going	Class
Lifelong Learning for the Right Brain – Fine Arts, Games, Hobbies, and Service					
Name	Day	Time	Cost	Session	Format
New Learn Chinese Mahjongg with Mr. Wang	Mon	10:30 a.m. to 12 p.m.	No Charge	8/7-8/28	Class
Chinese Mahjongg	Tue	10 a.m. to 12:30 p.m.	No Charge	On-going	Group
Arts & Crafts	Tue	11 to 11:45 a.m.	No Charge	On-going	Group
Learn American Mahjongg	Tue	1 p.m.	No Charge	On-going	Class
Card Making with Ruth	Tue	3 p.m.	Small Supply Fee	August 8 th Only	Class
Bingo & Pizza	Tue	4:30 to 6 p.m.	\$1 for Bingo \$1 per pizza slice	On-going	Group
Party Bridge	Wed/Fri	10 a.m. to 12 p.m.	No Charge	On-going	Group
Knit & Crochet	Wed	10 a.m. to 12 p.m.	No Charge	On-going	Group
Pastime Theatre Group	Wed	12:45 to 1:45 p.m.	No Charge	On-going	Group
Chinese Mahjongg	Thurs	10 a.m. to 12 p.m.	No Charge	On-going	Group
Violin Lessons	Thurs	11 a.m. to 12 p.m.	No Charge	On-going	Class
Card or Tile Games	Thurs	12 to 2 p.m.	No Charge	On-going	Group
Chinese Songs	Thurs	12 to 12:30 p.m.	No Charge	On-going	Group
Ceramics Lab	Fri	10 a.m. to 12 p.m.	\$5 Class, \$10 Supplies	6/2-8/25	Class
Bingo	Fri	10:45 to 11:45 a.m.	\$1	On-going	Group
Poker with Albert	Fri	1 to 3 p.m.	No Charge	On-going	Group
Bunko (3 rd Sat with Prizes!)	Sat	1 to 3 p.m.	No Charge	On-going	Group

To Sign up for the Email Distribution List and receive this newsletter and other announcements electronically, please send your request to Kristina at kristina.rowlands@fairfaxcounty.gov

	Monday July 31	Tuesday August 1	Wednesday 2
	Menu	Menu	Menu
Hot Lunch	Cream of Mushroom Tomato Salad Chicken Cordon Bleu Steamed Potatoes Asian Blend Vegetables Dinner Roll Pudding 	Chicken Rice Soup Garden Salad Spaghetti W/ Meat Sauce Garlic Bread Fruit Salad	Vegetable Soup Fruit Salad Honey Cured Ham Sweet Potatoes Blended Vegetables Dinner Roll Fruit Crisp 
Veg	Egg Spinach Bake	Red Beans & Cheese Burrito	Pasta Alfredo W/ Broccoli
Cold Lunch	Tuna Salad Sandwich Platter	Egg Salad Sandwich Platter	Turkey & Cheese Sandwich
	Programs	Programs	Programs
	9:30-11:15 Tai Chi 10:30 Craft Activity 10:30-11:30 Begin ESL with Mr. Ardabili 11 Chair Exercise Video 11 Exercise Orientation 12-12:30 *Lunch \$/RR 3 Chair Exercise Video 4 Book Club	10-12:30 Chinese Mahjongg 10-2 YMCA Camp Kids Visit! 10:30 Drum Circle with Myra 10:30 Basic Computer Help Lab 10:30-11:30 Beginning Spanish 10:45 Chair Exercise Video 11-11:45 Arts & Crafts 12-12:30 *Lunch \$/RR 12:45 Exercise Your “Mental Muscle” with Donna 1 Learn American Mahjongg 2-3 Line Dancing \$/RR (new session - \$5 required for line dancing class) 3 Chair Exercise Video 5-7:30 National Night Out	9:30-11:15 Tai Chi 10-11 ESL: Intro to English Conversation with Anne 10-12 Party Bridge 10-12 Knit & Crochet with Sasha 10:30 Fitness Walk 11 Chair Exercise Video 11:15-12 Sahaja Yoga Meditation 12-12:30 *Lunch \$/RR 12:45-1:45 Pastime Theatre Group 1-2 Iranian Computer Class with Ms. Kamkar 3 Chair Exercise Video


Program Guide: If a program has \$ next to it, there is a charge to participate; if it has RR next to it, you must register in advance; and if it has RCC next to it, you must register through the Reston Community Center to participate. If it has HCC next to it, you must register through the Herndon Community Center.

*The menu provided for Monday-Friday is for the **Congregate Meal Program**. For more information about eating lunch at the center, please refer to the “Donation Schedule and Charges for Congregate Meals at Senior Centers”, found in the “Important Information” section of this Newsletter.

Thursday 3	Friday 4	Saturday 5
Menu	Menu	Menu
Split Pea Soup Tossed Salad Chicken Pot Pie Broccoli Biscuit Frosted Cake	Seafood Chowder Vegetable Salad Cajun Catfish New Potatoes Lima Beans Cornbread Lemon Meringue Pie 	Pitch in for Pizza! \$1 per slice Must be ordered in person at the front desk prior to 11:45am. Pizza arrives between 12:15 and 12:45 p.m. Topping options include hawaiian, supreme, or plain cheese.
Eggplant Parmesan	Cheese Ravioli	
Roast Beef & Cheese Sandwich Platter	Chicken Salad Sandwich	
Programs	Programs	Programs
9:30-10:30 Tai Chi 10-12 Chinese Mahjongg 10-2 Senior/Teen Dance at Marshal High School \$/RR 10-2 Ping Pong – Extra Tables 10:30 Leisure Exploration 10:15-1:45 Shopping Trip to <u>Shopper’s in Sterling</u> \$/RR 10:30-11:30 Ballroom Dancing 10:45 Chair Exercise Video 11-11:45 Begin ESL with Ms. Wang 11-11:45 ESL: English Conversation with Jeanne 11-12 Violin Lessons 12-12:30 *Lunch \$/RR 12-2 Card or Tile Games 1 Chinese Songs 1-2 Beginning Line Dance \$/RR (new session - \$5 required for line dancing classes) 2-3 Line Dancing \$/RR 3 Chair Exercise Video 6-8 Meditation Group	10-12 Party Bridge 10-12 Ceramics Lab \$/RR 10:30-11:30 Begin ESL 10:30 Sand Castle Lighthouses 10:45-11:35 Yoga Mat Workout with Claudine 10:45-11:45 Bingo \$1 11 Chair Exercise Video 11 Exercise Orientation 12-12:30 *Lunch \$/RR 1 Exercise Orientation 1-2 Iranian Computer Class with Ms. Kamkar 1-3 Poker with Albert 3 Chair Exercise Video	10:30 Basic Computer Help Lab 10:45 Chair Exercise Video 11:45 Last chance to order Pizza! 12:15-12:45 Pizza is Served! \$/RR 1-3 Bunko 3 Chair Exercise Video 3-4 Line Dancing \$/RR (new session - \$5 required for line dancing class) 4-5:30 Ballroom Dancing \$/RR (new session - \$5 required for ballroom dancing class)

****All programs and classes are subject to change and may be cancelled without notice.**
For up-to-date information, call 703-464-6200 TTY 711.

Senior Center Director: Ruth Junkin, CPRP.
Assistant Directors: Jeanne Alcazar, Sasha Hickam, Fred Keefe, and Kristina Rowlands.
Acting Senior+ Director: Ashley Haddow, CTRS. Counselor: Nikki Burton, MA. Nurse: Beckie Hallinger, RN, BSN.

	Monday7	Tuesday8	Wednesday9
	Menu	Menu	Menu
Hot Lunch	Corn Soup Tomato Salad Baked Chicken Breast w/ Mushroom Rice Pilaf w/ Gravy Green Beans Citrus Jell-O Dinner Roll	Veggie Noodle Soup Green Salad Pot Roast Whipped Potatoes Peas & Carrots Garlic Bread Chocolate Pie	Cream Broccoli Soup Chicken Enchiladas Refried Beans Mexican Corn Corn Bread Pudding 
Veg	Veggie Alfredo w/ Pasta	Spaghetti w/ Roasted Vegetables	Vegetable & Cheese Quesadilla
Cold Lunch	Roast Beef & Swiss Sandwich Platter	Sliced Turkey & Cheese Sandwich Platter	Egg Salad Sandwich Plate
	Programs	Programs	Programs
	Accepting Sudoku Entries 9:30-11:15 Tai Chi 10:30 Hangman 10:30-11:30 Begin ESL with Mr. Ardabili 10:30-12 Learn Chinese Mahjongg with Mr. Wang RR 11 Chair Exercise Video 11 Exercise Orientation 12-12:30 *Lunch \$/RR 3 Chair Exercise Video 4 Book Club	Accepting Sudoku Entries 10-12:30 Chinese Mahjongg 10:30 Music with Beth 10:30 Basic Computer Help Lab 10:30-11:30 Beginning Spanish 10:45 Chair Exercise Video 11 Make Hawaiian Lei's 11-11:45 Arts & Crafts 12-12:30 *Lunch \$/RR 12:45 Exercise Your "Mental Muscle" with Donna 12:45 Questions Answered: Cholesterol 1 Learn American Mahjongg 2-3 Line Dancing \$/RR 3 Chair Exercise Video 3 Card Making w/ Ruth \$/RR 4:30-6:00 Bingo & Pizza \$	Accepting Sudoku Entries 9:30-11:15 Tai Chi 10-11 ESL: Intro to English Conversation with Anne 10-12 Party Bridge 10-12 Knit & Crochet with Sasha 10:30 Fitness Walk 11 Chair Exercise Video 12-12:30 *Lunch \$/RR 12:45-1:45 Pastime Theatre Group 1 Advisory Council Meets 1-2 Iranian Computer Class with Ms. Kamkar 1-2:30 Active for Life RR 3 Chair Exercise Video


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Thursday10	Friday11	Saturday12
Menu	Menu	Menu
Tomato Rice Soup Garden Salad Beef Stroganoff Over Egg Noodles Green Beans Dinner Roll Fruit Pie	Split Pea Soup Lemon Herbed White Fish Blended Vegetables Dilled Rice Dinner Roll Coconut Custard Pie	Pitch in for Pizza! \$1 per slice Must be ordered in person at the front desk prior to 11:45am. Pizza arrives between 12:15 and 12:45 p.m. Topping options include hawaiian, supreme, or plain cheese.
Grilled Cheese Sandwich Platter	Grilled Vegetable Wrap	
Tuna Salad Sandwich	Corn Beef & Swiss on Rye	
Programs	Programs	Programs
Accepting Sudoku Entries 9:30-10:30 Tai Chi 10-12 Chinese Mahjongg 10-2 Ping Pong – Extra Tables 10:30 Board Games 10:15-1:45 Shopping Trip to <u>Wal-Mart in Fair Lakes</u> \$/RR 10:30-11:30 Ballroom Dancing 10:45 Chair Exercise Video 11-11:45 Begin ESL with Ms. Wang 11-11:45 ESL: English Conversation with Jeanne 11-12 Violin Lessons 12-12:30 *Lunch \$/RR 12-2 Card or Tile Games 1 Chinese Songs 1-2 Beginning Line Dance \$/RR 2 Treat Yourself! 2-3 Line Dancing \$/RR 3 Chair Exercise Video 6-8 Meditation Group	Accepting Sudoku Entries 10-12 Party Bridge 10-12 Ceramics Lab \$/RR 10:30-11:30 Begin ESL 10:45-11:35 Yoga Mat Workout with Claudine 10:45-11:45 Bingo \$1 11 Chair Exercise Video 11 Exercise Orientation 12-12:30 *Lunch \$/RR 1 Exercise Orientation 1-2 Iranian Computer Class with Ms. Kamkar 1-3 Poker with Albert 3 Chair Exercise Video	Accepting Sudoku Entries 10:30 Basic Computer Help Lab 10:45 Chair Exercise Video 11:45 Last chance to order Pizza! 12:15-12:45 Pizza is Served! \$/RR 1-3 Bunko 3 Chair Exercise Video 3-4 Line Dancing \$/RR 4-5:30 Ballroom Dancing \$/RR

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Acting Senior+ Director: Ashley Haddow, CTRS. Counselor: Nikki Burton, MA. Nurse: Beckie Hallinger, RN, BSN.

	Monday14	Tuesday15	Wednesday16
	Menu	Menu	Menu
Hot Lunch	Minestrone Soup Three Bean Salad Shrimp Creole Linguine Broccoli French Bread Pudding 	Split Pea Soup Garden Salad General Tso’s Chicken Fried Rice Asian Vegetable Dinner Roll Fruit Pie	Strawberry Soup Island Salad Polynesian Chicken Mango Rice Vegetable Blend Fruited Cornbread Tropical Desert
Veg	Tomato, Mushroom, and Egg Bake	Stuffed Manicotti shells W/ Tomato Sauce	Polynesian Sauté with Fresh Fruits & Vegetables
Cold Lunch	Chicken Salad Cold Plate	Tuna Fish Salad Cold Plate	Marinated Shrimp w/ Pineapple & Coconut Fruit
	Programs	Programs	Programs
	9:30-11:15 Tai Chi 10:30 The Ungame 10:30-11:30 Begin ESL with Mr. Ardabili 10:30-12 Learn Chinese Mahjongg with Mr. Wang RR 11 Chair Exercise Video 11 Exercise Orientation 12-12:30 *Lunch \$/RR 3 Chair Exercise Video 4 Book Club	10-12:30 Chinese Mahjongg 10:30 Drum Circle with Myra 10:30 Basic Computer Help Lab 10:30-11:30 Beginning Spanish 10:45 Chair Exercise Video 11-11:45 Arts & Crafts 12-12:30 *Lunch \$/RR 12:45 Exercise Your “Mental Muscle” with Donna 1 Learn American Mahjongg 2-3 Line Dancing \$/RR 3 Chair Exercise Video 4:30-6:00 Bingo & Pizza \$	9:30-11:15 Tai Chi 10-11 ESL: Intro to English Conversation with Anne 10-12 Party Bridge 10-12 Knit & Crochet 10-2 Lorton Senior Center Visits! 10:30 Fitness Walk 11 Chair Exercise Video 11 Luau Entertainment 12-12:30 *Island Luncheon \$/RR 12:45-1:45 Pastime Theatre Group 1-2 Iranian Computer Class with Ms. Kamkar 1-2:30 Active for Life RR 3 Chair Exercise Video


Thursday17	Friday18	Saturday19
Menu	Menu	Menu
Vegetable Soup Apple Sauce Gelatin Salad Lemon Pepper Fish New Potatoes Brussel Sprouts Dinner Roll Fresh Fruit	Chicken Noodle Soup Vegetable Salad Chicken Kiev Wild Rice Green Beans Dinner Roll Cherry Pie	Pitch in for Pizza! \$1 per slice Must be ordered in person at the front desk prior to 11:45am. Pizza arrives between 12:15 and 12:45 p.m. Topping options include hawaiian, supreme, or plain cheese.
Baked Macaroni & Cheese	Vegetarian Chili	
Egg Salad Cold Plate	Seafood Salad Cold Plate	
Programs	Programs	Programs
9:30-10:30 Tai Chi 10-12 Chinese Mahjongg 10-2 Ping Pong – Extra Tables 10:30 What Would You Do? 10:15-1:45 Shopping Trip to <u>Fair City Mall</u> \$/RR 10:30-11:30 Ballroom Dancing 10:45 Chair Exercise Video 11 “Remember When?” 11-11:45 Begin ESL with Ms. Wang 11-11:45 ESL: English Conversation with Jeanne 11-12 Violin Lessons 12-12:30 *Lunch \$/RR 12-2 Card or Tile Games 1 Chinese Songs 1-2 Beginning Line Dance \$/RR 2-3 Line Dancing \$/RR 2 Treat Yourself! 3 Chair Exercise Video 6-8 Meditation Group	10-12 Party Bridge 10-12 Ceramics Lab \$/RR 10:30 Farm Animal Crafts 10:30-11:30 Begin ESL 10:45-11:35 Yoga Mat Workout with Claudine 10:45-11:45 Bingo \$1 11 Chair Exercise Video 11 Exercise Orientation 12-12:30 *Lunch \$/RR 1 Exercise Orientation 1-2 Iranian Computer Class with Ms. Kamkar 1-3 Poker with Albert 3 Chair Exercise Video	10:30 Basic Computer Help Lab 10:45 Chair Exercise Video 11:45 Last chance to order Pizza! 12:15-12:45 Pizza is Served! \$/RR 1-3 Bunko 3 Chair Exercise Video 3-4 Line Dancing \$/RR 4-5:30 Ballroom Dancing \$/RR


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	Monday21	Tuesday22	Wednesday23
	Menu	Menu	Menu
Hot Lunch	Corn Soup Baked Pork Chops Sweet Potatoes Spinach Three Bean Salad Chocolate Pie Dinner Roll 	Cream of Mushroom Garden Salad Chicken Parmesan Linguini Marinara Sauce Broccoli Garlic French Bread Pudding	Chicken & Rice Soup Beet Salad Baked White Fish New Potatoes Carrots Dinner Roll Coconut Custard Pie
Veg	Grilled Cheese	Tortilla Pie	Italian Eggplant
Cold Lunch	Roast Beef Sandwich	Turkey Salad Cold Plate	Ham & Swiss on Rye
	Programs	Programs	Programs
	9:30-11:15 Tai Chi 10:30 Dear Abby 10:30-11:30 Begin ESL with Mr. Ardabili 10:30-12 Learn Chinese Mahjongg with Mr. Wang RR 11 Chair Exercise Video 11 Exercise Orientation 11 Farm Animals Cont'd 12-12:30 *Lunch \$/RR 1 “In the Best of Taste” by Heidi Hyland 3 Chair Exercise Video 4 Book Club	10-12:30 Chinese Mahjongg 10:30 Arts & Crafts 10:30 Basic Computer Help Lab 10:30-11:30 Beginning Spanish 10:45 Chair Exercise Video 11 Farm Animals Cont'd 11-11:45 Arts & Crafts 12-12:30 *Lunch \$/RR 12:45 Exercise Your “Mental Muscle” with Donna 1 Learn American Mahjongg 2-3 Line Dancing \$/RR 3 Chair Exercise Video 4:30-6:00 Bingo & Pizza \$	9:30-11:15 Tai Chi 10-11 ESL: Intro to English Conversation with Anne 10-11:30 “Farm Animals” with Wee Play Preschool 10-12 Party Bridge 10-12 Knit & Crochet 10:30 Fitness Walk 11 Chair Exercise Video 11-11:45 Arthritis Foundation Exercise Program with Joyce RR 12-12:30 *Lunch \$/RR 12:45-1:45 Pastime Theatre Group 1-2 Iranian Computer Class with Ms. Kamkar 1-2:30 Active for Life RR 3 Chair Exercise Video


Thursday24	Friday25	Saturday26
Menu	Menu	Menu
Navy Bean Soup Garden Salad Caribbean Jerk Chicken Saffron Rice Broccoli Dinner Roll Fruited Jell-O 	Cream Potato Soup Cole Slaw Beef Brisket Rosemary Potatoes Turnip Greens Dinner Roll Fresh Fruit	Pitch in for Pizza! \$1 per slice Must be ordered in person at the front desk prior to 11:45am. Pizza arrives between 12:15 and 12:45 p.m. Topping options include hawaiian, supreme, or plain cheese.
Cheese Ravioli	Stuffed Squash	
Egg Salad Cold Plate	Tuna Fish Sandwich	
Programs	Programs	Programs
9:30-10:30 Tai Chi 10-12 Chinese Mahjongg 10-2 Ping Pong – Extra Tables 10:30 You Be the Judge 10:15-1:45 Shopping Trip to <u>Giant Food at Greenbriar Center</u> \$/RR 10:30-11:30 Ballroom Dancing 10:45 Chair Exercise Video 11-11:45 Begin ESL with Ms. Wang 11-11:45 ESL: English Conversation with Jeanne 11-12 Violin Lessons 12-12:30 *Lunch \$/RR 12-2 Card or Tile Games 1 Chinese Songs 1-2 Beginning Line Dance \$/RR 2 Treat Yourself! 2-3 Line Dancing \$/RR 3 Chair Exercise Video 6-8 Meditation Group	10-12 Party Bridge 10-12 Ceramics Lab \$/RR 10:30 Recipe Card Holders 10:30-11:30 Begin ESL 10:45-11:35 Yoga Mat Workout with Claudine 10:45-11:45 Bingo \$1 11 Chair Exercise Video 11 Exercise Orientation 12-12:30 *Lunch \$/RR 12:45 “Grandma” Flora Green on Macular Degeneration 1 Exercise Orientation 1-2 Iranian Computer Class with Ms. Kamkar 1-3 Poker with Albert 3 Chair Exercise Video	10:30 Basic Computer Help Lab 10:45 Chair Exercise Video 11:45 Last chance to order Pizza! 12:15-12:45 Pizza is Served! \$/RR 1-3 Bunko 2:30-4 “On the Stage” Presented by the Treble Clefs 3 Chair Exercise Video 3-4 Line Dancing \$/RR 4-5:30 Ballroom Dancing \$/RR

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	Monday28	Tuesday29	Wednesday30
	Menu	Menu	Menu
Hot Lunch	Vegetable Soup Tossed Salad Chicken Marsala Rice Pilaf Carrots Garlic Bread Chocolate Pie	Chicken & Sausage Gumbo Fruit Salad Roasted Pork Loin Sweet Potatoes Lima Beans Dinner Roll Bread Pudding 	New England Clam Chowder Three Bean Salad Roasted Turkey Mashed Potatoes Sweet Peas Dinner Roll Frosted Cake
Veg	Black Bean & Cheese Burrito	Spinach Quiche	Eggplant Parmesan
Cold Lunch	Seafood Remolaude Wrap	Turkey & Cheese Sandwich Platter	Pastrami & Cheese on Rye
	Programs	Programs	Programs
	9:30-11:15 Tai Chi 10:30 Slapball 10:30-11:30 Begin ESL with Mr. Ardabili 10:30-12 Learn Chinese Mahjongg with Mr. Wang RR 11 Chair Exercise Video 11 Exercise Orientation 11 Brainiac Quiz 12-12:30 *Lunch \$/RR 3 Chair Exercise Video 4 Book Club	10-12:30 Chinese Mahjongg 10:30 Arts & Crafts 10:30 Basic Computer Help Lab 10:30-11:30 Beginning Spanish 10:45 Chair Exercise Video 11 Home-Care Resources with Leslie 11-11:45 Arts & Crafts 12-12:30 *Lunch \$/RR 12:45 Exercise Your “Mental Muscle” with Donna 1 Learn American Mahjongg 2-3 Line Dancing \$/RR 3 Chair Exercise Video 4:30-6:00 Bingo & Pizza \$	9:30-11:15 Tai Chi 10-11 ESL: Intro to English Conversation with Anne 10-12 Party Bridge 10-12 Knit & Crochet with Sasha 10:30 Fitness Walk 11 Chair Exercise Video 11:15-12 Sahaja Yoga Meditation 11-11:45 Arthritis Foundation Exercise Program with Joyce RR 12-12:30 *Lunch \$/RR 12:45-1:45 Pastime Theatre Group 1-2 Iranian Computer Class with Ms. Kamkar 1-2:30 Active for Life RR 3 Chair Exercise Video

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Thursday31	FridaySeptember 1	Saturday2
Menu	Menu	Menu
Lentil Soup Garden Salad Beef Pepper Steak Over Rice Oriental Vegetables Dinner Roll Apple Cobbler	Split Pea Soup Seafood Newberg Linguini Broccoli French Bread Beet Salad	Pitch in for Pizza! \$1 per slice Must be ordered in person at the front desk prior to 11:45am. Pizza arrives between 12:15 and 12:45 p.m. Topping options include hawaiian, supreme, or plain cheese.
Grilled Cheese Sandwich Platter	Pasta Alfredo w/ Broccoli	
Egg Salad Sandwich Platter	Chicken Salad Sandwich	
Programs	Programs	Programs
9:30-10:30 Tai Chi 10-12 Chinese Mahjongg 10-2 Ping Pong – Extra Tables 10:30 Sing Along 10:15-1:45 Shopping Trip to <u>Fair Oaks Mall</u> \$/RR 10:30-11:30 Ballroom Dancing 10:45 Chair Exercise Video 11 Brain Teasers 11-11:45 Begin ESL with Ms. Wang 11-11:45 ESL: English Conversation with Jeanne 11-12 Violin Lessons 12-12:30 *Lunch \$/RR 12-2 Card or Tile Games 1 Chinese Songs 1-2 Beginning Line Dance \$/RR 2 Treat Yourself! 2-3 Line Dancing \$/RR 3 Chair Exercise Video 6-8 Meditation Group	10-12 Party Bridge 10-12 Ceramics Lab \$/RR 10:30-11:30 Begin ESL 10:45-11:35 Yoga Mat Workout with Claudine 10:45-11:45 Bingo \$1 11 Chair Exercise Video 11 Exercise Orientation 12-12:30 *Lunch \$/RR 1 Exercise Orientation 1-2 Iranian Computer Class with Ms. Kamkar 1-3 Poker with Albert 3 Chair Exercise Video	10:30 Basic Computer Help Lab 10:45 Chair Exercise Video 11:45 Last chance to order Pizza! 12:15-12:45 Pizza is Served! \$/RR 1-3 Bunko 3 Chair Exercise Video 3-4 Line Dancing \$/RR 4-5:30 Ballroom Dancing \$/RR

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